

Abstract of the Disclosure

The invention relates to a nutritional intervention composition in powder form that is taken before a meal and that extends post meal satiety. The compositions of the invention are comprised of at least one protein, C₁₂₋₁₈ fatty acids, preferably oleic acid, all of which stimulate CCK release in the body, and a source of proteinase inhibitor which acts to prevent the deactivation of CCK. The subject compositions preferably additionally contain a source of calcium and are advantageous in that they utilize a source of proteinase inhibitor as opposed to the more costly extracts. The source of proteinase inhibitor is advantageously an extract of potato, soy, or beans containing about 10 weight percent of proteinase inhibitor. The powder compositions are mixed with a suitable liquid, preferably water, prior to ingestion.